
Standard Drinks Around the World

A “standard drink” is an amount of a beverage containing a fixed amount of pure alcohol. This book and the test in Chapter 5 use a 10-gram standard drink. The table below gives the government definition in some countries, from a 2016 survey of 37 countries. Definitions may have changed. Check your own country’s current guidance.

Country	One standard drink (grams of alcohol)	Compared with a 10-gram drink
UK, Iceland	8	0.8
Australia, New Zealand, Ireland, France, Spain, Netherlands, Poland	10	1
Denmark, Finland, Italy	12	1.2
Canada	13.45	about 1.3
US	14	1.4
Austria	20	2

Common drinks, in 10-gram standard drinks

Drink	About this many standard drinks
A 330 ml can of beer, 5%	1.3

Drink	About this many standard drinks
A 500 ml bottle of beer, 5%	2
A pint (568 ml) of beer, 4.5%	2
A small 100 ml glass of wine, 12.5%	1
A large 250 ml glass of wine, 13.5%	2.7
A 750 ml bottle of wine, 13.5%	8
A 30 ml shot of spirits, 40%	1
A 700 ml bottle of spirits, 40%	22

Work it out yourself: grams of alcohol = millilitres $\times$ strength (%) $\times 0.8 \div 100$. Divide by 10 for this book's standard drinks.